Constipation, the root of all the ills that flesh is heir to. Constipation, that sends thousands to premature graves. "What is the thimpse at the State Industrial matter of me, anyway? Is there no help?" Yes, you can get well in spite of drugs by eating daily one full meal of

WHEAT FLAKE CELERY

The ideal food, prepared from the whole grain of the wheat, with How the Wayward Girls Are systematized that it is about as perfect as it can be. It should be visited and revisited by people from all over Kansas that they may see for themselves that the model state institution.

Palatable-Nutritious-Easy of Digestion and Ready to Eat Can be served het. Put in a hot ovan for a few minutes; or cook in boiling milk to a mush.

-Splendid Crops, Cawker City, Kans, July 7.—Har-yesters are busy in this vicinity. Our grain dealers think wheat will average at least twenty bushels to the acre.

Of a Splendid Quality Testing

Producted in treatm with.

It contains the elements required for building the bouse, also the gray matter in the nerve centres. A child or an adult fed on Grape-Nuts will show marked improvement in physical and mental ability. Many of the elements by abandoning portions of the food that have been in use, and taking up Grays-Nuts regularity.

Sold by gracers everywhern, and made at the pure feed factories of the Posting Cereal Co. Ltd. Battle Creek.

School for Girls.

Mrs. Julia B. Perry, Superintendent, Has Made a Success.

MORE ROOM IS NEEDED.

Applications for Admission Are On File.

Beloft, Kaz., July 7 .- To those who

The industrial school is a model of neatness. It is worthy a visit, and the ambittion of Mrz. Perry is to keep it up to its present standard, and even better if such a thing is possible. Everything about it is in fine condition. Great credit is due the superintendent and the state hourd of control for its excellent condition. Mrz. 1 erry has the work of each and every department well in hand, and with her splendid help she is doing a noble work. And the marron, Mrz. I. E. Baird, and her husband, who is steward and chief clerk, they too, are richly entitled in great eredit. Mr. and Mrz. J. E. Baird have been with the institution a number of years and are very popular. To the several teachers, every one of them interested in the upbuilding of this model state institution. It will continue to grow in importance. It will continue to grow in important Its work is noble, nothing but good or come out of it. The work so far is

CASH FOR INDIANS,



Your famous Rocky Mountain Tea.

GATLIN DREG CO., 702 Kansas avenue,

withold,

It is the breath of life to me,

The stores withold is the breath of life to me,

The stores withold is the breath of life to me,

The stores withold is the breath of life to me,

The stores without the stores with the breath of life to me, and return, \$36.05.

The stores without the stores with the stores

date of sale.

Montreal, Canada, and return, \$36.05.
Toronto, Canada, and return, \$30.96.
Collengwood, Can., and return, \$32.30.
And many other Canadan points, on sale daily to September 30th, limited 30 days from date of sale. Address T. L. King, Agent, Topeka.

Steel Bridges Being Built on Rock Island.

All Wooden Structures Are to Be Replaced.

COST MILLION DOLLARS

Work Under Direction of Englneer of Maintenance Bloom.

Gossip and Matters of Interes in Railroad Circles.

More than a million dollars are be-

soon begin on the actual construction of the arch.

The abutments and piers are of solid

something wrong with the hair-bulbs. They are slowly starving! Then feed them at once! Give them a regular bair-food - Ayer's Hair Vigor. It checks falling hair, keeps the scalp healthy and free from dandruff. A little of it often does great things for the hair and scalp. J. C. Ayer Co., Lowell, Mass.

RAILROAD NEWS, CATARRH OF THE STOMACH THREATENED HER LIFE.

Pe-ru-na Greatly Relieved Her of Her Ailment -Gained Thirty Pounds In Weight.



Will Plant Alfeife.

A story originating in Cheyenne, says the Union Pacific may plant alfaifa to exterminate weeds along its right-of-way from Ogden to Omaha—a distance of 1,000 miles.

The fallroad company has had trouble with weeds between the lies and climbing over the rails.

Numerous schemes have been tried to exterminate the weeds and a steady beautiful or a supplied to exterminate the weeds and a steady beautiful or as night. to exterminate the weeds, and a steady war has been waged against the pest, but without success.

Demonstrations proved sifalfa's then went to the Soldiers home, where ability to flourieh without irrigation his death occurred.